



Why Feed Children? North Carolina Summer 2016 Nutrition Planning

Presentation by
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National Child Hunger and Its Impact on North Carolina

- North Carolinians must be a part of the national effort to meet the challenges of the *national child hunger problem*.
- Childhood hunger any place on the globe has the potential of affecting us, and others on this planet.
- Why? The reason is simple; we are members of a global society.



Why should we care about the issue of hunger here at home or around the nation?

- There are compelling arguments for people of conscience to be engaged.
- We must fight hunger, and more importantly, we must fight for hungry children.



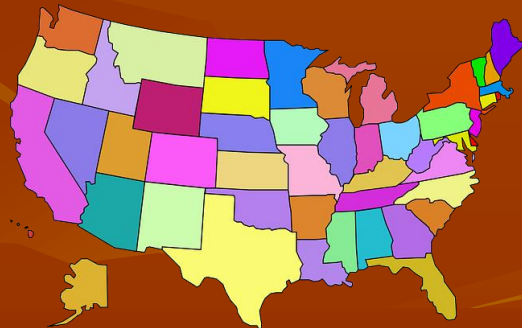
Why?

- It is a moral issue and is a commandment of our faith.
- It is reflected in America's history, and bipartisan political commitments.
- Our nation's education and trade climate hinges upon it.
- Good nutrition improves the health of our nations sustainability.



Because...

- It strengthens our country's national economy and national stability.
- Hunger is costly in terms of healthy lives, resources, and prosperity.
- America's image and influence depend upon how we are perceived. *"Soft power"*



What is the current status of those affected by hunger?

- 48.1 million people or (14.8%) are in poverty.
- 15.8 million children or (21.1%) under the age of 18 are in poverty.
- 2.6 million seniors 65 and older are in poverty.

■ Source: FRAC



Incredible, But True...

- People living in poverty cannot afford nutritious food for themselves and their families.
- 48.1 million Americans (6.8 million households) live in food insecure households.
- 7.9 million or 19.2%; 3.8 children lived in food insecure households.
- Rates of food insecurity higher among children headed by single women or single men and Black and Hispanic.

■ Source: Hunger Notes



NC Hunger Status

- 1.6 million or 17.2% of North Carolina citizens are reported to live in poverty.
- 16.7% of NC citizens are reported to live in food insecure households.
- North Carolina unemployment rate is 5.8% higher than the national average of
- 5.1%

■ Source: FRAC



NC Statistics Continued

- 1 out of 4 children are reported to live in food insecure households.
- 820,009 children received free and reduce lunches during 2012-2014 school year.
- Many North Carolina families unable to purchase healthy food for the lack of money.



Impact of Child Hunger

- Good nutrition, particularly during the first three years of life, is important for establishing a good foundation that has implications for a child's future physical and mental health academic achievement, and economic productivity.
- Unfortunately, food insecurity is an obstacle that threatens this critical foundation.

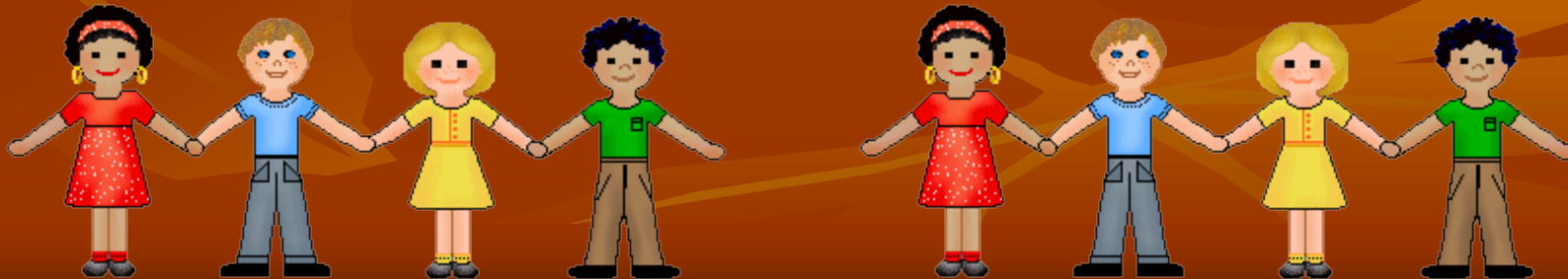
Impact of Child Hunger Continued

- Although food insecurity is harmful to any individual, it can be particularly devastating to children due to their increased vulnerabilities and the potential for severe long-term negative consequences.



Impact of Child Hunger Continued

- Exhibit decreased attention spans and lower test scores.
- Display aggression, tardiness, and absenteeism.
- Become ill or hospitalized due to their being immunosuppressed.



National Nutrition Programs to Assist Families

- SNAP/Food stamps the nation's anti-hunger program. In 2014, it helped 46 million low-income Americans to afford nutritionally adequate diet.
- Seventy percent of all food stamp participants are families with children.

■ Source: FRAC



Mothers and Young Children

- WIC: Special Supplemental Nutrition Program for Women, Infants and Children up to age 5 who are at nutrition risk.
- 6.4 million Infants and children under five and 2 million women received WIC benefits in 2014.



National School Lunch Program

- National School Lunch Program is open to all school students; paying full price, reduced and free determined by eligibility of income and number in households.
- 21.5 million of the 30.7 million student receiving meals or 70.5% were free or reduced lunches.

■ Source: *FRAC*

Summer Meals

- USDA Summer Food Service Program (SFSP) is a federally-funded, state-administered program which reimburses providers who serve healthy meals to children and teens in low-income areas during the summer months when school is not in session.
- Children need healthy food all year long. When school lets out many of these children are at risk of hunger. Hunger is one of the most severe roadblocks to the learning process.

Summer 2016 an opportunity to continue to provide nutritious meals to North Carolina needy children.

How can you and I as leaders help?

- Advocate for Summer Programs for youth where summer meals are served.
- Identify and encourage Sponsors who are qualified to manage and serve healthy meals.

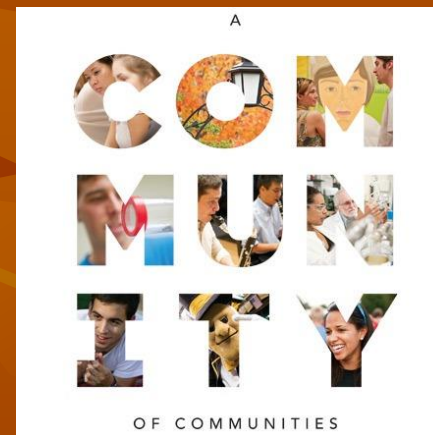
Sponsors can be:

- Schools
- Governments
- Faith based organizations
- Local Government agencies
- Camps



Sites may be located in a variety of settings

- Schools
- Parks
- Community Centers
- Churches
- Migrant Centers



NC Summer Food Service Program (SFSP) Made Progress in 2015

- The state of North Carolina served over 2,109,888 meals in 2014 ; and 2,361,600 summer meals in 2015, an increase of 24,172 meals.
- Warren County served 7,781 meals in 2014; and 10,803 in 2015, an increase of 3,002 meals.

What can we do about hunger, especially child hunger, internationally and locally?

- Make fighting hunger a major concern, a ‘core value’ of our lives.
- Join the ‘national and state conversation’ to raise awareness.
- Encourage and sponsor programs within your own faith community’s institutions or with nonprofits.
- Educate yourself on the Child Nutrition & WIC Reauthorization Act and others on key legislation.

What We Can Do About Hunger?

- Influence members of the United States Congress and state legislatures on the needs in your communities.
- Perfect your advocacy skills.
- Create networks to shift public opinion and policy.
- Write op-ed letters to the editors of local and regional newspapers.
- Sponsor summer feeding programs for children.



We Can Make A Difference

- Internationally or locally, you and I have the opportunity to begin fighting child hunger immediately and over the long term.
- Again we can sponsor summer feeding programs and advocate for policies that address poverty and hunger.
- Because feeding needy children we feed our nation' future.